

FREE THE SECRETS OF SHAMANISM: TAPPING THE SPIRIT POWER WITHIN YOU PDF



Jose Stevens, Lena Stevens | 227 pages | 26 Oct 2004 | HarperCollins Publishers Inc | 9780380756070 | English | New York, NY, United States

Secrets of Shamanism: Tapping the Spirit Power Within You - Jose Steve

Uh-oh, it looks like your Internet Explorer is out of date. For a better shopping experience, please upgrade now. Javascript is not enabled in your browser. Enabling JavaScript in your browser will allow you to experience all the features of our site. Learn how to enable JavaScript on your browser. Developing techniques for communicating with the innermost world of the spirit can be a valuable boon in these modern times with their contemporary The Secrets of Shamanism: Tapping the Spirit Power within You and concerns.

Through a series of easy-to-follow exercises, lessons, and rituals, psychologist Jose Stevens and wife, Lena, can show you how to identify your inner spiritual guides -- and how, through a unique and powerful communication with them, you can achieve undreamed-of professional success, The Secrets of Shamanism: Tapping the Spirit Power within You enlightenment, and personal fulfillment Residing in Santa Fe, New Mexico, she conducts workshops and seminars on shamanism and developing unique and intuitive business approaches.

Her focus includes working with women and power. Home 1 Books 2. Add to Wishlist. Sign in to Purchase Instantly. Members save with free shipping everyday! See details. Overview For untold centuries, the shaman was the tribe's most revered and respected member, possessing the unique ability to tap into the universal source of wisdom by journeying deep within the self-- seeking, and finding, answers to pressing questions, achieving profound understanding by avoiding the stumbling blocks of the outer material world.

Product Details About the Author. About the Author Jose Stevens is an internationally known teacher, consultant in organizational effectiveness, and executive coach residing in Santa Fe, New Mexico. He holds graduate degrees from the University of California at Berkeley and from the California Institute of Integral Studies and a bachelor's degree from the University of Santa Clara.

Related Searches. Absolute The Secrets of Shamanism: Tapping the Spirit Power within You. View Product. Faking Normal. An edgy, realistic debut novel praised by the New York Times bestselling author of Between It's Not Like It's a Secret. Jack and the Beanstalk. A favorite fairy tale brought vividly to life by Steven Kellogg's elaborate, classic artwork—perfect for A favorite fairy tale brought vividly to life by Steven Kellogg's elaborate, classic artwork—perfect for a read-aloud pick!

Join young Jack as he climbs a giant beanstalk to a magic castle in the clouds. Meet a hen that lays golden Johnny Appleseed. John Chapman—better known as Johnny Appleseed—had wilderness adventures that became larger-than-life legends. Pioneering west from Pioneering west from Massachusetts after the American Revolution, John cleared land and planted orchards for the settlers who followed, leaving apple trees and tall tales in his wake. Last Call. But nightmares about a strange poker game On Stranger Tides.

Or is it an independent society, a church within HarperCollins Publishers.

Secrets of Shamanism - The Power Path

Throughout history, shamans have possessed the power to journey deep within themselves to tap the universal source of information and wisdom. Bypassing the The Secrets of Shamanism: Tapping the Spirit Power within You blocks of the outer world, they perfected techniques of communication with the world of the spirit in order to find answers to pressing questions, foretell the future, and achieve profound understanding.

Through a series of simple exercises, lessons and rituals, they will teach you how to identify and communicate with your inner spiritual guides—and how to achieve professional success, psychological enlightenment and personal fulfillment. It was an opportunity of a lifetime, an offer seemingly just out of reach. For years Shawna had wished for the anthropologist's dream; an assignment to Lima, Peru, jumping off place for the Andes.

Crisp snow clad mountains, winding dirt roads up dizzy heights, llamas, shamans, and a trail of clues The Secrets of Shamanism: Tapping the Spirit Power within You the mystery of human habitation in the Americas gripped her imagination. But the obstacles seemed almost insurmountable. Slaving over a maze of reports from her last assignment in the Yukon territory, Shawna was not even remotely ready to go.

She was also flat broke, having spent her meager savings recently on a rebuilt engine for her near-dead Land Rover. Shawna spent sweaty hours in the July heat of Los Angeles calculating the costs, pouring over the calendar, and figuring-in any possible assets she could turn into cash. Neither the figures nor the dates on the calendar added up.

In frustration, Shawna threw her pencil across the room where it bounced and spun into her favorite cottonwood drum, a gift from her grandfather in New Mexico. He wasn't really her grandfather but she called him that. Old Bill was everybody's grandfather. Shawna had spent a few summers with the ancient Apache and now she suddenly recalled something he had taught her.

When your heart speaks its truth, you cannot know failure. How could she be so foolish as to give up her dream because of a few calculations. Swiftly crossing the room she picked up the drum. Sitting quietly for a time she began to The Secrets of Shamanism: Tapping the Spirit Power within You a little song Old Bill had taught her, accompanied by a light drumbeat.

I want to go to Lima but as you can see I am stymied. Any suggestions? You will go, you will go. Shawna rubbed her eyes. The only Melanie she knew was a former employer from pre-graduate school days; a prim, exacting woman who Shawna had always found somewhat hard to please. Melanie also possessed power, money and influence where it counts. It started to dawn on Shawna. The following morning found Shawna on the phone with Melanie. Shawna was amazed. Not only did Melanie remember her but she also showed a genuine enthusiasm for Shawna's Peruvian plans.

They agreed to meet the very next day. I've been hoping to start a foundation for scholars but had no focus as yet. Now I've got something to start with. How much will you be needing? That's a good beginning for this year's endowment. Excited beyond measure, Shawna rushed to her car. Then she caught herself. I'm not going to fail. I'm going to Peru.

On the way home Shawna stopped to fill the aging Land Rover with gas. It was her supervisor, Larry Jackson, from the Yukon. Stunned, Shawna just stared. Larry laughed, "You look like you've seen a ghost.

Do I look that bad? I'm in town for some lectures at U. I want Terry, that doctoral student, to finish those reports you're working on. It The Secrets of Shamanism: Tapping the Spirit Power within You be good practice for him and give you a break.

The Secrets of Shamanism: Tapping the Spirit Power within You do you think? Larry wasn't expecting the big bear hug Shawna gave him.

She mumbled thanks and hustled home to get her affairs in order. This assignment is starting out right! Shamanic advising is an ancient and powerful form of information retrieval and inner consultation that can be adapted by anyone for use in the context of the modern world.

Shamanism itself is a time-honored cross-cultural quest for knowledge and personal power that predates all known religions, psychologies, and philosophies. It is a set of techniques developed over ages that allows individuals to learn consciously to bridge the apparent chasm between the physical world and the realms of imagination and vision. The great advantage of this form of guidance is that it requires no outside tools, no expenditures, and very little time investment.

In fact, you are tempted to believe that because it does not fit into what we think of as a traditional path to success, whether personal or professional. The shaman relies on inner powers to support his or her conclusions about a situation rather than on material concerns as is often the case today.

The only price you have to pay to use this form of consultation is that shamanism asks you to let go of your conventional belief systems about reality. While shamans have no fixed dogma or religion, they all believe in the universal web of power that supports all life. According to shamanism, all elements of the environment are alive and all have their source of power in the spirit world. Rocks, plants, animals, clouds, and wind are charged with life and must be paid due respect for the maintenance of harmony and health.

Shamans consider all life forms to be interconnected, and mutually supportive balance among them is essential for humankind's survival. Our job is to understand this balance and to live in harmony with it, always taking nature into consideration in every endeavor. The web of power in nature is the life-giver and the source of all successful activity.

Shamans access vital survival information and knowledge through what is known as a spirit journey. As shamans put it, they travel within their imaginations to contact the spirit world or the world of the spirit self. They contact the universal source of all information by "flying" deeply within themselves.

If they do this while focusing on a question or matter of concern, their ecstatic journey will provide an answer, allowing them to bypass the stumbling blocks of the material world and rely on a broader vision. Yat squatted by the water's edge lifting handfuls of the cool drink to his lips. Although his thirst was quenched the water did nothing to ease the ache of hunger he and his scouts had felt these past five wintry days.

If they did not find his brother's village soon they would surely starve. They made a hasty camp by the snowy riverbed and bundled in skins by the fire. Yat knew it was time to call for assistance. Drawing forth his drum he began a steady spirit song honoring his totem spirit the kangaroo rat. With eyes closed he soon saw kangaroo rat flying in the air nearby. We cannot find my brother's village and we have run out of food. Can you help us find it?

Then with a flourish rat produced a large branch with a fork in it. He pointed to the left fork and in a flash was gone. Yat was puzzled. He pondered the vision and after a time began to laugh loudly. In the morning he led his companions up the stream. Shortly the river forked into two smaller streams. Immediately he followed the lefthand one and before long the village was in sight. Yat once again gave thanks to kangaroo rat. For shamans, imagination is more than cerebral activity, rather, imagination is an actual vehicle that carries them to unknown realms.

Thoughts and feelings are forms of energy that go to specific locations in the web of power, not simply mental activity as most of us have been taught to believe.

Shamans fill a diverse and fascinating set of roles including sacred artist, poet, musician, mediator, ceremonialist, dancer, and singer. Four principle specialties of shamans are: healing; accessing new or lost knowledge; developing power; and prophesying or foretelling.

Although most shamans have a knowledge of all these areas, they also tend to focus on one in order to master it. For example curanderos or healers specialize in learning about the power of medicinal plants and herbs for the healing of infirmities. Other shamans develop the ability to forecast the weather, locate good opportunities, and warn of potential hazards. Still others become power brokers, masters of suspending the laws of gravity or space and time.

Whatever their specialty, they are the medicine men and women of their communities and are found all over the world from North and South America, to Europe, Africa, and Asia.

The shaman's power as visionary, seer, and healer has been traced to Siberia, India, and Tibet. Similar techniques have been utilized everywhere by shamans since Paleolithic times even though they were separated by vast oceans and continents. In this book we will touch on all four principle areas of shamanic activity because they are all integral to developing your power and becoming a successful human being in your own right.

In addition we will provide you with exercises that draw from the shaman's artistic skills. Unless you can develop the artist within you, you will not be able to enjoy the shamanic approach. You may make copies of this writing and distribute it in any media you wish so long as you do not charge for it or alter it in any way. You must credit the author and include this entire copyright notice.

Secrets of Shamanism: Tapping the Spirit Power Within You by José Luis Stevens

Goodreads helps you keep track of books you want to read. Want to Read saving... Want to Read Currently Reading Read. Other editions. Enlarge cover. Error rating book. Refresh and try again. Open Preview See a Problem? Details if other... Thanks for telling us about the problem. Return to Book Page. The Secrets of Shamanism: Tapping the Spirit Power within You S. Developing techniques for communicating with the

innermost world of the spirit can be a valuable boon in these modern times with their contemporary problems and concerns.

Through a series of easy-to-follow exercises, lessons, and rituals, psychologist Jose Stevens and wife, Lena, can show you how to identify your inner spiritual guides. *The Secrets of Shamanism: Tapping the Spirit Power within You* and how, through a unique and powerful communication with them, you can achieve undreamed-of professional success, psychological enlightenment, and personal fulfillment. [Get A Copy.](#)

Paperbackpages. Published October 26th by Avon first published *The Secrets of Shamanism: Tapping the Spirit Power within You* 1st More Details Original Title. Other Editions 2. [Friend Reviews.](#) To see what your friends thought of this book, please sign up. To ask *The Secrets of Shamanism: Tapping the Spirit Power within You* readers questions about *Secrets of Shamanism* please sign up.

[Lists with This Book.](#) This book is not yet featured on Listopia. [Community Reviews.](#) Showing Average rating 3. [Rating details.](#) Sort order. Sep 26, Eric rated it really liked it. I have what looks to be a first printing of the paperback from [What a great introduction to shamanism.](#)

I wasn't sure if I actually wanted an introduction but the small size of the book made it seem like not a great commitment. I had the misconception of shamanism being akin to voodoo and something that ancient cultures believed because they didn't know any better.

The Stevens' do a good job of bringing shamanism into the here and now, even if their 'now' was nearly 30 years ago. They make I have what looks to be a first printing of the paperback from [They make a case that perhaps those old cultures did know better in some ways and may have something to teach us.](#)

This is where the book format is so well constructed. After an introduction to the principles of shamanism the rest of the book is an instruction manual with exercises, examples and good advice. From the most basic stages of meditation and becoming aware of your mind and body, to moderate practice at self improvement, to advanced spirit travel and aiding others.

I know, this all sounds like fantasy magic and bogus mumbo-jumbo right? Well, what I really appreciate about this book is that it preaches a message of self awareness and gnosis.

They encourage you to follow no one, and to trust your intuition. I have some experience with self hypnosis and lots of experience in unguided meditation. I still see that as being an important element of my life but I am looking forward to trying this guided progression.

I wasn't sure at the beginning of the book if I wanted to participate in the training so I just skimmed through much of it. I intend now to go back to the beginning and work my way through the book. If I can experience even half of the spirit power they intend to help me tap into then I will have to go back and rate this five stars. [View 1 comment.](#) Apr 18, Ginger rated it really liked it [Shelves: liked-this-book-a-lot.](#) I lean toward the spiritual side of life, good book *The Secrets of Shamanism: Tapping the Spirit Power within You* balancing disorder in one's life.

Lots of visualization techniques to regain power over negativity. Aug 27, JP rated it it was amazing. A superb read a shaman was a living messenger of God He learn the pattern of working of universe He observe the power of the cosmos through some ritual but I feel rituals are done to make human to believe in a primitive way and it's more like a sports.

Where human slips out of unconscious and connect the external world [The journey of the book was so simple and helps to aware who is shaman?](#)

Shaman can understand and direct certain activities and move more into positive A bliss!! Everyone read this boo A superb read a shaman was a living messenger of God He learn the pattern of working of universe He observe the power of the cosmos through some ritual but I feel rituals are done to make human to believe in a primitive way and it's more like a sports. Everyone read this book wanted to become a shaman!! May 03, Deborah A. Morrison rated it really liked it.

This book clearly shows how the ancient techniques of Shamanism can be applied to the our healing concerns of the modern world. There are no discussion topics on this book yet. Readers also enjoyed. [Escape the Present with These 24 Historical Romances.](#) You know the saying: There's no time like the present In that case, we can't [Read more Trivia About Secrets of Shaman](#) No trivia or quizzes yet.

Welcome back. Just a moment while we sign you in to your Goodreads account.

